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Weight watchers - gezond koken in een handomdraai Weight Watchers, 2012-10-18 In slechts 15 min een gezond gerecht op tafel toveren Het kun je leren Het is zelfs niet zo moeilijk Bovendien kost het niet meer tijd en hoeft het zelfs helemaal niet duurder te zijn In het tweede Weight Watchers boek van deze reeks tonen we je hoe je met een minimum aan ingrediënten en in een mum van tijd een gezonde verzadigende en vooral lekkere maaltijd op tafel kunt toveren We geven je een hele resem tips om het koken sneller en gemakkelijker te laten verlopen Met een goede planning spring je ver ook in de keuken De recepten in dit boek zijn allemaal gezond lekker en snel klaar Je volgende maaltijd is klaar in een handomdraai

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